

5 A Day Recipes

Desserts and Snacks

Strawberry Banana Fruit Leather

Serves 8

Provides 1 fruit serving per person

Fruit leather is a wonderful snack for kids and they can even help you make it! First, in a blender, whiz 3 cups strawberries with a ripe banana and 2 tablespoons of frozen orange juice concentrate until very smooth. Stir in 2 tablespoons of honey and a teaspoon of lemon juice. Pour the puree onto a baking sheet lined with plastic wrap and smooth with a spatula, making it thicker around the edges than the middle. Bake at 140° F for 4 to 6 hours. Keep the door slightly open. You will know it's done when it is no longer too sticky. Two 2-inch pieces of this fruit leather makes 1 serving.

- 3 cups strawberries
- 1 ripe banana
- 2 tablespoons frozen orange juice concentrate
- 2 tablespoons honey
- 1 teaspoon lemon juice

1. Cover a 12" x 17" baking pan with sides with plastic wrap.

2. Whiz the strawberries, banana, orange juice concentrate, honey, and lemon juice in a blender until very smooth. You can do this in batches if need be. You should have 2 cups of purée.

3. Pour into the prepared pan and spread with a spatula making the edges thicker than the middle. Bake in a 140° oven with the door slightly open for about 6 hours or until just barely sticky. Cool, roll the long way, and cut into 8 pieces. Store in the fridge for up to a week-but your kids will probably eat it before the week is through!

Nutritional Analysis per serving:

52 calories
0 g fat
0% calories from fat
0 g saturated fat
0% calories from saturated fat
3 g carbohydrates
1 mg sodium
2 g dietary fiber